

ADULT

PROGRAMS & CLASSES

It's never too late to get active and learn something new. Enhance your life by taking a class and developing your interests.



Art

Watercolor

Students will learn washes, glazes, color mixing and composition. Materials not included. **INSTRUCTOR:** Mary Benejam

Flah Park	W	1:00 pm-3:00 pm	Feb 24-Mar 30	\$80	ages 16+
Flah Park	W	1:00 pm-3:00 pm	Apr 13-May 18	\$80	ages 16+

Beginners Oil & Acrylic Painting

Students will start with the basics: color wheel, value, composition and design. First paintings are a learning exercise. Enter the painting world! Materials not included. **INSTRUCTOR:** Mary Benejam

Flah Park	Tu	1:00 pm-3:00 pm	Feb 23-Mar 29	\$80	ages 16+
Flah Park	Tu	1:00 pm-3:00 pm	Apr 12-May 17	\$80	ages 16+
Flah Park	Tu	1:00 pm-3:00 pm	Aug 2-Sep 6	\$80	ages 16+

Intermediate Oil & Acrylic Painting

Students will learn new techniques and choose their subject matter. Materials not included. Must have completed Beginners Oil & Acrylic Painting.

INSTRUCTOR: Mary Benejam

Flah Park	W	10:00 am-12:30 pm	Feb 24-Mar 30	\$80	ages 16+
Flah Park	W	10:00 am-12:30 pm	Apr 13-May 18	\$80	ages 16+
Flah Park	W	10:00 am-12:30 pm	Aug 3-Sep 7	\$80	ages 16+

Advanced Oil Painting

This course is designed for advanced oil painting students. Will work on specific techniques and styles. Student must have completed Beginners and Intermediate Painting. Let's paint a masterpiece! Materials not included.

INSTRUCTOR: Mary Benejam



Flah Park	Tu	10:00 am-12:30 pm	Feb 23-Mar 29	\$80	ages 16+
Flah Park	Tu	10:00 am-12:30 pm	Apr 12-May 17	\$80	ages 16+
Flah Park	Tu	10:00 am-12:30 pm	Aug 2-Sep 6	\$63	ages 16+

Drawing Classes

Students will learn value, shape, shading, composition, perspective and design. All elements are extremely useful for any art work. Materials supplied by student. **INSTRUCTOR:** Mary Benejam

Flah Park	W	1:00 pm-3:00 pm	Aug 3-Sep 7	\$75	ages 16+
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Photography

Did you get a new SLR camera? Giving or getting one for a present? This course will enable you or the person to whom you are giving the camera to be able to take that camera off automatic and get the photo you would like to take instead of what the camera thinks you want. We will talk about f-stops, shutter speed and light conditions with some emphasis on motion and changing light conditions outdoors (for nature and other subjects). **INSTRUCTOR:** Sol Levine

Flah Park	Tu	6:30 pm-9:00 pm	May 3-17	\$70	ages 13+
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Textile Arts

Knitted Hand Puppets

Add to your basic knitting skills while making a pair of puppets, one girl and one boy. We will focus on reading patterns, changing colors and seaming. This class is best for those who are familiar with the knit and purl stitch. **INSTRUCTOR:** Amy Yinger

Ren Ctr AA	Tu	6:30 pm-8:00 pm	Mar 1-Apr 12	\$85	ages 10-adult
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Crocheted Lace

Learn the basics of crocheted lace by making a coaster-sized doily. Then choose snowflakes, lace edging or a larger doily to expand your skills. **INSTRUCTOR:** Amy Yinger



Ren Ctr AA	Tu	6:00 pm-8:00 pm	Apr 19-May 24	\$70	ages 10-adult
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Supply list will be provided

Crochet Amigurumi

Learn the basics of crochet and make your own unique stuffed animal. These charming toys are a great way to experiment and be creative. This class is appropriate for anyone, no crochet experience required. **INSTRUCTOR:** Amy Yinger

Ren Ctr AA	M-Th	10:00 am-2:00 pm	Jun 13-16	\$102	ages 10-adult
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Fairy Dolls <<NEW!>>

Learn to make armatures, faces, and clothes for charming 3" dolls. Students will have time to make three dolls during this class. **INSTRUCTOR:** Amy Yinger

Ren Ctr AA	M-Th	10:00 am-2:00 pm	Jun 27-30	\$102	ages 10-adult
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Glass Fusion

Glass Fused & Functional

This class will provide students a chance to learn the basics of fusing glass while designing and constructing an original 8x8 dish using various tools and techniques. Finished dish will be food safe. Completed piece will be fired and available for pickup one week from the date of the class. All supplies included. **INSTRUCTOR:** Linda Martin



Ren Ctr AA	Sa	9:00 am-12:00 pm	Mar 26	\$90	ages 16-adult
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Fitness

Gentle Yoga

This class will emphasize the healing benefit of yoga with slower movements and connection to breath. The practice will be especially beneficial for those who are recovering from injury or illness, or if you simply want a deep gentle yoga experience. All levels are welcome. Please bring a mat and wear comfortable clothing. **INSTRUCTOR:** Sunny Davis

Alst Mass	W	10:00 am-11:30 am	Apr 13-May 18	\$72*	ages 18+
Alst Mass	W	10:00 am-11:30 am	Jun 1-Jul 6	\$72*	ages 18+
Alst Mass	W	10:00 am-11:30 am	Jul 20-Aug 24	\$72*	ages 18+

**Optional \$15 drop-in fee is accepted once minimum of 6 is met*

Core Strengthening with Pilates

Pilates is a safe, gentle form of exercise which strengthens the body from the inside out. Having a strong core helps improve our backs plus our ability to perform everyday activities with ease and helps prevent injuries. All levels are welcome. Please bring a mat and wear comfortable clothing. **INSTRUCTOR:** Sunny Davis

Alst Mass	M	11:00 am-12:00 pm	Mar 28-May 2	\$72*	ages 18+
Alst Mass	M	11:00 am-12:00 pm	May 16-Jun 27	\$72*	ages 18+
Alst Mass	M	11:00 am-12:00 pm	Jul 18-Aug 22	\$72*	ages 18+

**Optional \$15 drop-in fee is accepted once minimum of 6 is met*



Yoga for Every Body

Yoga is truly for every body. If you are curious about why yoga has received so much positive press about the potential benefits, please come give it a try. The class will be taught so that all levels from the beginner to the seasoned practitioner can participate. **INSTRUCTOR:** Sunny Davis

Alst Mass	Tu	5:30 pm-6:30 pm	Mar 29-May 3	\$72*	ages 18+
Alst Mass	Tu	5:30 pm-6:30 pm	May 17-Jun 21	\$72*	ages 18+
Alst Mass	Tu	5:30 pm-6:30 pm	Jul 5-Aug 9	\$72*	ages 18+
Alst Mass	Tu	5:30 pm-6:30 pm	Aug 23-Sep 27	\$72*	ages 18+

**Optional \$15 drop-in fee is accepted once minimum of 6 is met*

Fitness Hula-Hooping

Hula-hooping is no longer just for kids! Adults have realized the muscle firming and calorie burning benefits of this joy-inducing, stress-relieving exercise. In this class, students will learn hoop moves like waist hooping, arm hooping, chest hooping, and leg hooping. No prior hooping experience is necessary, and we will use large, adult-sized hoops for the adult students. 100% guaranteed hooping success! With regular attendance, students will improve their fitness level, hooping skills, and well-being. Fitness meets play! **INSTRUCTOR:** Angela Duke / The Pickle Mamas

WFCH	W	7:00 pm-8:00 pm	Apr 6-May 4	\$55*	ages 16+
WFCH	W	7:00 pm-8:00 pm	May 11-Jun 8	\$55*	ages 16+
WFCH	W	7:00 pm-8:00 pm	Jun 29-Jul 27	\$55*	ages 16+
WFCH	W	7:00 pm-8:00 pm	Aug 3-31	\$55*	ages 16+

**Hoops will be provided;
optional \$13 drop-in fee is accepted once minimum of 6 is met*



Dance

Modern Western Square Dancing

Modern Western Square Dancing is one of the best ways to get your body moving, challenge your mind, relieve stress and meet new and friendly people. Participants will learn to execute basic cooperative dance figures, or 'calls,' at the direction of the square dance caller to the beat of the music. After learning the basic skills, participants will be well on their way to enjoying a lifelong hobby to be enjoyed at clubs locally and across the country. Partners are not necessary. Smiles are guaranteed. **INSTRUCTOR:** Jimmy Roberson

Alst Mass	M	7:00 pm-9:00 pm	Jan-Apr	\$20 /mo	ages 19+
WFCH	M	7:00 pm-9:00 pm	May-Aug*	\$20 /mo	ages 19+

**No class May 30
Class dress is casual but participants are encouraged to wear comfortable shoes*

Line Dancing

Come join Ronnie and DJ Frank for a walk-in class of line dancing. Gain confidence with many of the basic steps, learn the process of linking the steps together to form the dance and have fun losing yourself in the music! You will learn line dances to genres of music such as country, Top 40, hip-hop, beach, funk, Irish, swing, and many more. **INSTRUCTOR:** Rhondel Pignataro

Ren Ctr	Tu	7:00 pm-8:30 pm	Mar 29-May 3	\$6 /class	ages 16+
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Martial Arts

Taekwondo

Learn martial arts skills, develop self-esteem, confidence and respect for others. No class held the first Thursday of every month. Please register the first Tuesday of every month with the instructor. **INSTRUCTOR:** Sr. Master Randy Berger

Alst Mass	Tu/Th	7:00 pm-8:00 pm	Jan-Apr	\$40 / mo.	ages 18+
WFCH	Tu/Th	7:00 pm-8:00 pm	May-Aug	\$40 / mo.	ages 18+

Nature

Tree Stewards Workshop

The Town of Wake Forest is seeking volunteers with a passion for trees, a desire to learn, and an interest in becoming a Tree Steward in our community. Participants will receive free training on proper planting techniques, tree identification, pruning, fertilization and more. Volunteers that successfully complete the training will become Town of Wake Forest Tree Stewards. Tree Stewards must pledge to contribute at least four hours of service within one year of their training. Many opportunities for service will be offered including distributing information at community events, planting trees, and performing basic maintenance, such as mulching and watering. Participants under the age of 18 must have the permission of a parent or legal guardian to volunteer. **INSTRUCTOR:** Jennifer Rall, Urban Forestry Coordinator



WF Town Hall	Sa	9:00 am-12:30 pm	Mar 12	4 hrs of volunteer service	ages 13+
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Activities offered at the Senior Center

The Northern Wake Senior Center, 235 E. Holding Ave., offers adults age 55 and older a full schedule of recreational activities, including aerobics, shag lessons, wood carving, painting, and craft making.

Open Monday-Friday, from 8 a.m. to 5 p.m., the center also provides several social events each month.

Programming at the Northern Wake Senior Center is provided by Resources for Seniors, Inc. The organization serves senior and disabled adults in Wake County by providing home- and community-based services and information.

To see a schedule of events, visit wakeforestnc.gov (search for "senior center") or call 919-554-4111.



Staying active
is good for you.

